

## **SBRC Gym Schedule**

## **December 1-18**

Company   Comp							1			T		
G:30am   Open Gym   G:30-7:30   Open Gym   G:30-9:00   Open Gym	nday	Saturday Sunda			Friday		Thursday	Wednesday		Tuesday	Monday	
Company   Comp							Open Gym			Open Gym		6:00am
7:00am   6:00-8:00   6:30-7:30   6:00-08:00   6:30-7:30   Open Gym     8:00am   8:00-9:00   Setup   9:30am     9:30am   10:00am   Gym Jam   10:00am   9:30-11:30     11:00am   12:00-pm   Drop-in Sprts Conditioning   12:00-1:00     12:00pm   1:00-6:00   2:30pm     3:30pm   2:30pm   3:30pm     4:00pm   3:30pm   4:00pm   4:00pm     4:00pm   4:00pm   4:00pm   4:00pm     5:00   5:00   5:00   5:00     5:00   5:00   5:00   5:00     5:00   5:00   5:00   5:00     6:00-9:00   Weight Training   7:30a-8:50a   Weight Training   7:30a-8:50a     0pen Gym   6:00-9:00     0pen Gym   8:00-9:00     0pen Gym   9:30a-11:30     0pen Gym   9:30a-12:00     11:30am   12:00-1:00     11:30am   12:00-1:00     0pen Gym   9:30a-12:00     11:30am   12:00-1:00							Bootcamp	Gvm	Open	Bootcamp	Open Gvm	6:30am
T:30am   R:00am   R					Gvm	Open	•	•		· ·		7:00am
8:00am   LoHi Bootcamp   8:00-9:00     Setup   9:00am   Setup   9:30am   10:00am   Gym Jam   10:30am   9:30-11:30   Cardio Fit   10:15-11:15   Set-up   Open Gym   12:00pm   12:00-1:00   Drop-in Sprts Conditioning   12:00-1:00   Six00   Drop-in Sprts Conditioning   12:00-1:00   Six00   Six00   Drop-in Sprts   Drop-in Sprts Conditioning   12:00-1:00   Six00					-							7:30am
8:30 am	- Drop-in		Cond. 8:00- 9:00 Open Gym		Set-up		7:30a- 8:50a  Drop-in Total	LoUi Pootsama			alli Baatsama	
9:30am   Setup   Body Fit   8:50-9:50   Set-up   Set-up								•			•	
9:30am 10:00am 10:30am 9:30- 11:30  Cardio Fit 10:15-11:15  11:30am 12:00pm 12:00pm 1:00pm 1:00pen Gym 1:00pen Gym 12:00pm 1:00pm 1:00pen Gym 1:00-6:00  Drop-in Sprts Conditioning 12:00-1:00 1:30pm 1:00-6:00  All Ages Baal 3:30 5:00											Setup	9:00am
10:00am   10:30am   9:30- 11:30   Cardio Fit   10:15-11:15   11:30am   Takedown   12:00pm   12:00-pin   Sprts   Conditioning   12:00-1:00   1:30pm   2:00pm   1:00-6:00   Drop-in   Pickleball   1:30-3:30   S:00pm   3:30pm   4:30pm   4:3		Drop-in Womens Basketball 8:00-11:00		9:00- 9:30			•	9:00-10:15		•	<u> </u>	9·30am
10:30am   9:30- 11:30   Cardio Fit   10:15-11:15   Dopen Gym   9a-12p   Drop-in Sprts   Conditioning   12:00-1:00   Drop-in Adult   Basketball   12:00-1:00   Drop-in Adult   Basketball   12:00-1:00   Drop-in Adult   Drop-in Sprts   Conditioning   12:00-1:00   Drop-in Adult   Basketball   12:00-1:00   Drop-in Adult   Drop-in Sprts   Conditioning   12:00-1:00   Drop-in Adult   Drop-in Sprts   Conditioning   12:00-1:00   Drop-in Adult   Drop-in Sprts   Conditioning   12:00-1:00   Drop-in Sprts   Condit				Gym Jam		0.30 3.30			8.30-9.30			
11:00am					•					-		
10:15-11:15			•		30a	11:	Cardio Fit	-		Cardio Fit	7.30- 11.30	10.30aiii
12:00pm	All ages Bball 11:00- 12:00		-12:00	9:30			10:15-11:15	12p	9a-	10:15-11:15		
12:00pm   12:00-1:00   Basketball   12:00-1:00   Basketball   11:30-1:30     11	12.00	12.00					Drop-in Adult	n Sprts	Drop-i	•		
1:30pm   1:30-1:30   11:30-1:30   11:30-1:30							•	_				
1:30pm         Open Gym         Drop-in Adult Bball 1:00-6:00         Drop-in Adult Bball 1:00-3:30         Drop-in Adult Bball 1:00-3:30         Drop-in Pickleball 1:30-3:30         Open Gym 1:00-6:00         All Ages Bball 3:30-5:00         Bball 3:30-5:00         All Ages Bball 3:30-5:00         All Ages Bball 3:30-5:00         All Ages Bball 3:30-5:00         Bball 3:30-5:00         All Ages Bball 3:30-5:00         Bball 3:30-5:00         S:00         S:00 </td <td></td> <td rowspan="6">Open Gym Ages B-ball 12:00-5:00 12:00- 4:00p</td> <td rowspan="4">Ages B-ball</td> <td></td> <td>J-1.00</td> <td>12:00-1:00</td> <td>11:30-1:30</td> <td>12.00-1.00</td> <td></td> <td>12.00-1.00</td> <td></td>		Open Gym Ages B-ball 12:00-5:00 12:00- 4:00p	Ages B-ball		J-1.00	12:00-1:00	11:30-1:30	12.00-1.00		12.00-1.00		
2:00pm   2:00pm   1:00-6:00   Drop-in   1:00-   1:00-   3:30     1:00-   3:30     2:30   3:30   3:30     3:30									Open	11:00 1:00		
2:30pm 3:00pm 3:30pm 4:30pm 5:00 5:00 5:00 5:00 5:00 5:00 5:00 5:0				Gym			Drop-in		Gym	Drop-in	-	-
3:30pm 3:30pm 4:00pm 4:30pm  All Ages BBall 3:30-5:00  All Ages BBall 3:30-5:00  Expand Sports 4:00-5:00  All Ages Bball 3:30-5:00  All Ages Bball 3:30-5:00  Sign 1:00- 3:30  All Ages Bball 3:30- 5:00  All Ages Bball 3:30- 5:00  5:00  5:00  5:00	1:00-						2:30			1:00-6:00	2:30pm	
3:30pm 4:00pm 4:30pm  All Ages BBall 3:30-5 5:00  Expand Sports 4:00-5:00  All Ages Bball 3:30-5 *last class 12/7  3:30 -6:00  1:00- 3:30  All Ages Bball 3:30- 5:00  All Ages Bball 3:30- 5:00	4:00p		5:00								·	
4:00pm 4:30pm  All Ages BBall 3:30- 5:00  Expand Sports 4:00-5:00  Expand Sports 4:00-5:00  Open Gym 3:30 -6:00  Bball 3:30- 5:15 3:30 -6:00					1:00-			Common at 1				· ·
4:30pm 5:00 4:00-5:00 3:30-5 15:15 Open Gym 3:30 - 6:00 3:30 - 6:00		 		Bball	3:30	cs 3:30- 5:15 *last class		Bball 3:30-5	Expand Sports	_	4:00pm	
3:30-6:00												
5:00pm SBRC Fall Hours	s:	SBRC Fall Hours:				3:30 -6:00	12/7				-	
Open Gym Onen Gym Onen Gym Onen Gym	Monday - Thursday 6am - 9:30pm Friday 6am - 8pm Saturday/Sunday 8am - 5pm  SBRC closes at 1:30pm on 12/24 & 4pm on 12/31. SBRC is CLOSED on 12/25 and 1/01/17.								Open Gym	Open Gym		
6:00pm 5:00-9:30p 6am - 9:30pm							Open Gym 5:00- 9:30				-	
6:30pm Co-ed Drop-in Friday Radminton 5:45- 6am - 8pm				Drop-in Badminton 5:45- 7:45						· ·		
7:00pm Women's Dodgeball 7:45 Saturday/Sunda					<b>6:00- 9:00</b> *last day			Men's Bball League *7-9pm on 12/6; 10pm on 12/13		7:00pm		
7:30pm Bball League Men's Bball Men's Bball 6:00- 9:00 8am - 5pm						Men's Bball	•		7:30pm			
8:00pm *7-9nm on League SBRC closes at 1:30p						League *7-10pm on 12/7; 7- 9pm on 12/14			0.13 5.00	8:00pm		
12/6; 7- 12/7: 7- 12/7: 12/7: 12/7: 12/7: 12/7: 12/24 & 4pm on 12									12/22		8:30pm	
9:00pm Open Gym 10pm on 12/14 Open Gym									Open Gym	Open Gym	9:00pm	
9:30pm 9:00- 9:30 9:00-9:30p	unu 1/01/17.							9:00-9:30p	12/13	9:00- 9:30	9:30pm	